Dear Parent

In addition to our successful onsite physiotherapy services, run by Sevenoaks Physiotherapy we are excited to be able to announce the launch of a number of additional services at Sevenoaks School designed to enhance the sporting experience of all pupils as part of the High Performance Programme run by the Sennocke Centre.

**Our Services**

**Sevenoaks Strength and Conditioning**
Strength and Conditioning is the process of improving an athlete’s physical and physiological performance. The role of the S&C coach (Matt Lyle, professional rugby league player and personal trainer) is to develop the athlete’s speed, strength and flexibility and to build their muscular endurance so they perform better and remain injury free.

**Sevenoaks School Sessions**
One to one and small group Strength and Conditioning classes. Sessions: 30mins or 60mins.
**Cost:** £25 per hour (£12.50 for 30mins)

For further details including availability please email sennockesport@sevenoaksschool.org or contact the Sennocke Centre reception on 01732 467750.

**Sevenoaks DMS**
Dynamic Movement Skills (DMS) is a leading training methodology that helps to refine and improve gross motor skills. Its benefits include development of: movement, balance and coordination in children; and improvement in speed, agility, explosive power and turning ability in athletes. For more details see: [www.runningschoolkent.co.uk/dynamic-movement](http://www.runningschoolkent.co.uk/dynamic-movement)

**DMS Introductory and DMS Intermediate**: Two graded classes with a maximum class size of six allowing children with various levels of movement challenges, weakness and difficulties to progress to a stage where they can undertake mainstream sport. It is expected that many but not all children will have been referred into these classes through a number of channels: via a physiotherapist; following an assessment with the Dyspraxia specialist or from the learning support team at the School. **Cost: Price on request**

**DMS Performance**: an energetic mat based class designed for those who want to improve their agility, speed and co-ordination. This is designed to be both an alternative activity and complementary to mainstream sport at the school. Six weekly classes of 45 minutes during term time. **Cost £50**

For further details including availability please email sennockesport@sevenoaksschool.org or contact the Sennocke Centre reception on 01732 467750.
Dyspraxia Assessment and Written report: carried out by our Dyspraxia Specialist. Cost: £375.
Dyspraxia Consultation and Treatment: Cost £75 (one to one)

Please contact Fiona Simmonds on admin@7oaksphysio.co.uk

Sevenoaks Physiotherapy
Sevenoaks Physiotherapy (www.7oaksphysio.co.uk) have for a number of years provided an on-site physiotherapy clinic based at the Sennocke Centre allowing pupils and staff convenient access to first class physiotherapy treatment. The clinics take place on Tuesday, Wednesday and Thursday afternoons during term times. Sevenoaks Physiotherapy are covered by all Major Health Insurance companies. Costs: New Assessment and Treatment: 45 mins at £60. Follow up treatment: 30 mins at £50

For bookings please contact physiotherapist@sevenoaksschool.org or call 01732 464400. For more information please visit www.7oaksphysio.co.uk

Services Run at Manor Clinic

Running Technique
We are also pleased to advise you that we have secured a special price for The Running School’s Children’s Running Technique package. Cost £260 or £210 each if two pupils take all sessions together. Please see the website for more details: www.runningschoolkent.co.uk/courses-and-pricing

Please contact kent@runningschool.co.uk for bookings or further information.

Services Run by Sennocke Centre Club

We are pleased to announce that all our services listed above are also available to junior and adult non-members during club times.

For details please email sennockesport@sevenoaksschool.org or contact the Sennocke Centre reception on 01732 467750.

If you have any further questions then please do not hesitate to ask.

Yours sincerely

James Emmitt
Director of Physical Education and Sport
Sevenoaks School